



Great Falls Resource Guide for Individuals Recovering from Heart Attack and Stroke

If you've had a heart attack or stroke, you're at higher risk of having another one. Other risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation & TIA's or mini strokes are major risk factors for stroke. The more risk factors you have, the greater your chances of having another heart attack or stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of another heart attack or stroke. This resource guide provides names, addresses, website addresses and telephone numbers for programs and services in the Great Falls area to help you make these lifestyle changes.

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This document is also posted on the Montana Cardiovascular Health Program web site at <http://montanacardiovascular.mt.gov>

Cardiac Rehabilitation

Cardiac rehabilitation (rehab) is a supervised program that includes physical activity, lifestyle changes, education, and emotional support for people who have had a heart attack, bypass surgery or have other heart problems. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal of cardiac rehabilitation is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health.

Benefis Healthcare Cardiac Rehab

Peak Health & Wellness Center
1800 Benefis Court
Great Falls, Montana 59405
Phone: (406) 771-6645

Services Provided: The Outpatient Cardiac Rehab and Prevention program is tailored to meet the needs of the individual. Exercise classes are medically supervised. Weekly education classes provide information on the management of risk factors for heart disease, medications, cholesterol, diet and stress management. Classes are available for the individual recovering from a recent heart event as well as ongoing "maintenance" exercise programs. Physician referral is required and fees may be covered by your insurance.

Stroke Rehabilitation

Stroke rehabilitation is an individualized, medically supervised program that includes physical activity, education, lifestyle adaptations and emotional support for people who have had a stroke. The goal of stroke rehabilitation is to help you return to, and maintain, your best possible physical and emotional health.

Benefis Rehab Unit

Benefis Healthcare
500 15th Avenue South
Great Falls, MT 59405
Phone: (406) 455-2661

Peak Health & Wellness Center

Benefis Healthcare
1800 Benefis Court
Great Falls, MT 59405
Phone: (406) 771-4788

Services Provided: Stroke rehabilitation provides medically supervised physical, occupational and speech therapy to patients with a wide range of disabilities and needs. Services include evaluation and treatment of strokes, neuromuscular re-education and gait training. Physician referral is required and fees may be covered by your insurance.

Diabetes Management Programs

Diabetes management programs teach individuals how to manage their diabetes to minimize health complications. Staff members include registered nurses, registered dietitians and other healthcare professionals with training and experience in diabetes management.

Great Falls Clinic Diabetes Education

1400 29th Street South

Great Falls, MT 59405

Phone: (406) 454-2171

Services Provided: The Great Falls Clinic Diabetes Education Program offers group and individual educational consultations. Whether you choose a group class or one-on-one instruction, you and your family will receive comprehensive diabetes self-management education. Topics covered include nutrition and physical activity, glucose monitoring, medication, managing high and low blood sugars, risk reduction and coping with diabetes. This is a covered benefit on most insurance plans. Payment plans and scholarships are available. A free diabetes support group meets monthly.



Nutrition Education/Counseling

Your doctor may recommend nutrition counseling for blood pressure and cholesterol reduction, weight control, and diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly.

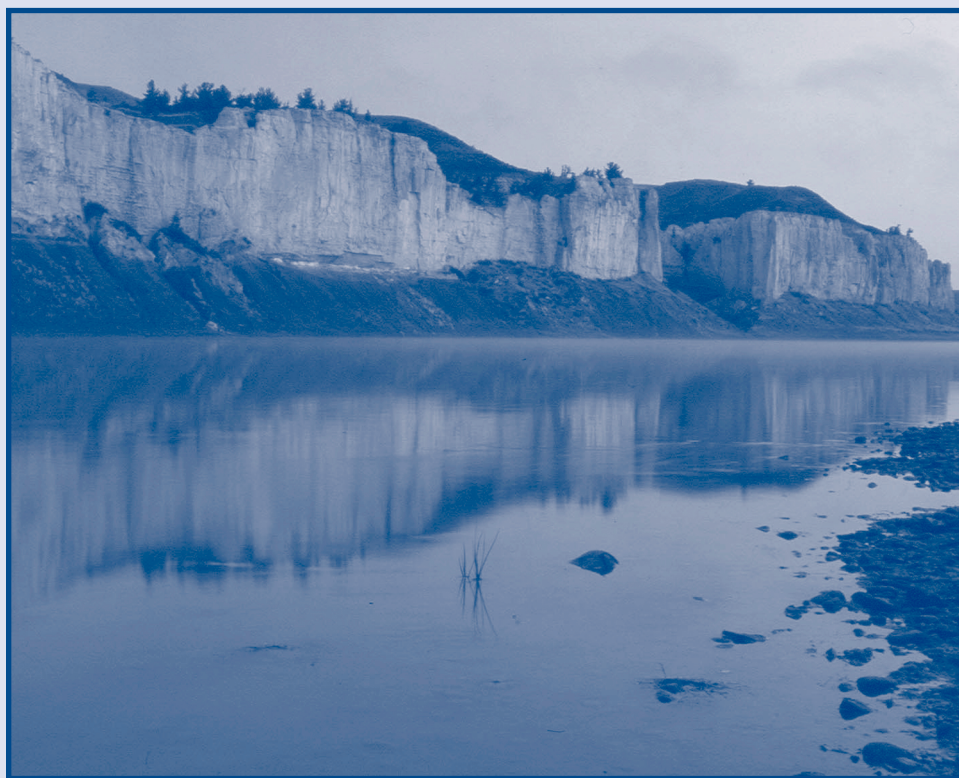
Benefis Healthcare

1101 26th Street South

Great Falls, MT 59401

Phone: (406) 455-5519

Services Provided: Outpatient nutrition counseling is available for individuals wanting to make positive dietary changes to enhance their health and wellbeing. Staffed by qualified registered dietitians with experience working with individuals who have cardiovascular disease. Physician referral is required and services may be covered by your insurance.



Physical Activity

These programs and facilities can help you to improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.

Great Falls Park & Recreation

1700 River Drive North

Great Falls, MT 59401

Phone: (406) 771-1265

www.ci.great-falls.mt.us/people_offices/park_rec/index.htm

Services Provided: Great Falls Park and Recreation conducts recreation programs for young and old. For information about current activities, phone Park and Recreation at the number above or check their website.

Nautilus Health Spa

2500 6th Avenue South

Great Falls, MT 59405

Phone: (406) 761-8100

www.nautilusgf.com

Services Provided: Nautilus is a full service health spa offering a wide variety of services. Group water and land fitness classes as well as senior circuit training are offered. The latest in resistive and cardio equipment are available. For fees and additional information, call 761-8100.

Peak Health & Wellness Center

1800 Benefis Court

Great Falls, MT 59405

Phone: (406) 727-7325 (PEAK)

www.peakclub.com

Services Provided: A full service wellness center which includes senior fitness programs, group land and water aerobics, lap swim, cardio and resistive machines, basketball, racquetball, yoga, Pilates, seasonal classes and massage. Cardiopulmonary rehabilitation and physical therapy are offered in conjunction with Benefis Healthcare.

Prescription Drug Patient Assistance Programs

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free of charge. Information is also available for the new Medicare prescription drug program (Part D).

NeedyMeds.com

www.needymeds.com

Phone: (215) 625-9609

Services Provided: This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The website has a listing of pharmaceutical company programs, medications, and applications for many programs. NeedyMeds is an information source, not a program itself.

The Pharmaceutical Research and Manufacturers of America (PhRMA)

www.phrma.org Click Patient Assistance Programs

1-888-447-2669

Services Provided: The Pharmaceutical Research and Manufacturers of America (PhRMA) trade group has compiled an online directory of patient programs for selected prescription medicines. The directory lists pharmaceutical companies, medications covered, and basic eligibility criteria. This directory is not inclusive and includes only companies that are members of PhRMA.

Benefis Senior Meds Discount Prescription Card Benefis Healthcare Lifeline Program

Phone: (406) 455-5839

Services Provided: Using this no-cost discount prescription card can help you save from 10% to over 50% on most prescriptions. Senior Meds pricing system ensures you receive the best price every time, even if the pharmacy is running a special. When you present your Benefis Senior Meds membership card at the pharmacy, the Benefis Senior Meds computers check the most cost effective pricing available. If the pharmacist dispenses a prescription that has a higher price than the lowest priced alternative, Benefis Senior Meds will automatically price the prescription at the lower price.

Prescription Drug Patient Assistance Programs

Medicare Part D Information (Medicare prescription drug program)

1-800-MEDICARE

www.dphhs.mt.gov

To learn more about the Medicare-sponsored drug insurance program, call 1-800-MEDICARE or the State Health Insurance Assistance Plan at 1-800-551-3191. Information can also be viewed on the Web. Click on New Medicare Prescription Drug Benefit (under Features).

Big Sky Rx

1-866-369-1233

bigskyrx.mt.gov

Services Provided: Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare, called Medicare Part D. For more information, call the number listed above or write to: Big Sky Rx, P.O. Box 202915, Helena, MT 59620-2915.



Smoking & Tobacco Cessation

If you smoke or use tobacco products, QUIT! Smoking increases your risk of heart attack and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you QUIT, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

Break Free From Tobacco Dependency

Benefis Healthcare

Cancer Programs & Services

Phone: (406) 455-3636

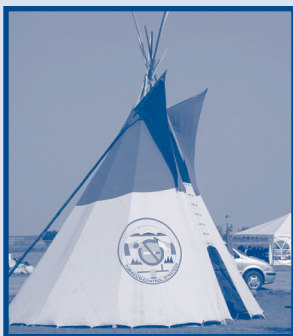
Services Provided: A six-to-eight week group program based on the American Lung Association's program, "Freedom From Smoking." The program uses a positive behavioral change approach that teaches you how to become a nonsmoker forever. Call the registration line at the above number for fee, dates and locations.

Tobacco Quit Line

Montana Tobacco Use Prevention Program

Phone: 1-866-485-QUIT (7848)

Services Provided: The Tobacco Quit Line is a free telephone service for all Montanans. Smokers, chewers, family members, and health care providers are all welcome to call for tobacco cessation information. If desired, an individual may enroll in a six-week counseling program. The six-week program includes free nicotine replacement therapy with patches or gum unless covered by an individual's medical insurance. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.



Community Services & Resources

These clinics and programs provide specialty services that may be appropriate for certain individuals recovering from heart attack or stroke.

Benefis Heart Institute

1101 26th Street South
Great Falls, MT 59401
Phone: (406) 455-5770
www.benefisheartinstitute.org

Services Provided: Benefis Heart Institute provides a broad spectrum of inpatient and outpatient tests and procedures for patients using the newest technology and advanced treatments. A variety of procedures are available including stress testing, cardiac and vascular stenting, open-heart surgery and pacemaker placement. Personalized care, education and rehabilitation services are provided while patients are treated for heart disease. North Central Montana patients and their families are close to home while receiving excellent individualized care.

Great Falls Clinic

1400 29th Street South
Great Falls, MT 59405
Phone: (406) 454-2171
www.gfclinic.com

Services Provided: The Great Falls Clinic offers a wide array of services at multiple locations in Great Falls. The Great Falls Clinic Heart Center provides diagnostic cardiac services including echocardiography, electrocardiography, treadmill and pharmacologic stress testing, nuclear cardiac imaging, Holter monitoring and arterial Doppler evaluation for peripheral vascular disease. Neurological services are also available.

Benefis Healthcare Stroke Center

1101 28th St S
Great Falls, MT 59405
Phone: (406) 455-5743
www.benefis.org

Services Provided: Benefis Healthcare Stroke Center treats cerebrovascular disorders by incorporating recent developments in prevention, public and professional education, research, emergency medicine, stroke neurology, microneurosurgery, vascular surgery, interventional neuroradiology, neurointensive care, neuroanesthesiology, and rehabilitative neurology. Comprehensive care is coordinated from the moment of first contact, in the emergency department, through acute treatment and neurological rehabilitation.

Community Services & Resources

Community Healthcare Center Cascade City-County Health Department

115 4th Street South
Great Falls, MT 59405-4597
Phone: (406) 454-6950

Services Provided: Community Healthcare Center provides basic medical and dental services for those who have limited incomes and/or are underinsured. Provides blood pressure screenings, cholesterol monitoring and health education.

Area VIII Agency on Aging

501 Bay Drive
Great Falls, MT 59404
Phone: (406) 454-6990
www.co.cascade.mt.us/?p=department&ido=102&px=index

Services Provided: Area VIII provides coordinated services to Cascade County's "over 60" population to ensure freedom of choice, independence, and the ability to live their lives with dignity. Services include Meals-on-Wheels, preventive health programs, transportation, in-home help, exercise programs, and counseling for Medicare/Medicaid and Part D (prescription drug program).

Mended Hearts, Inc.

Chapter # 133
Located at the PEAK Cardiac Rehab
1800 Benefis Court
Great Falls, Montana 59405
Phone: (406) 771-6645

Services Provided: For more than 50 years, Mended Hearts, Inc. has been offering the gift of hope and encouragement to heart patients, their families and caregivers. Provides a visitation program, support group meetings and educational forums.

Stroke Support Group Benefis Skilled Nursing Center

2621 15th Avenue South
Great Falls, MT 59405
Phone: (406) 455-5907

Services Provided: The support group offers emotional support for patients and families recovering from stroke. The support group meets every 3rd Monday at 2:30. For more information, please call 455-5907.

Community Services & Resources

Lifeline Personal Emergency Response Benefis Lifeline Program

Phone: (406) 455-5839 or 1-800-544-7813
www.lifelinesys.com/

Services Provided: Lifeline is a Personal Emergency Response System (PERS) which enables individuals to remain in their homes because help is just seconds away. Lifeline gives the confidence and freedom needed to continue living independently because there is always someone standing by to help, 24 hours a day, seven days a week – all at the press of a button.

Spectrum Medical, Inc.

2526 12th Avenue South
Great Falls, MT 59405
Phone: (406) 727-9322

Services Provided: Offers a wide range of in-home services. Equipment services such as wheelchairs, walkers, beds and bathroom aids are available. Clinical services such as home health care, skilled nursing, pharmacy, private duty services, respiratory, physical, occupational, and speech therapy are offered.

Clark's Orthopedic & Medical

816 9th Street South
Great Falls, MT 59405
Phone: (406) 452-8741

Services Provided: Clark's provides medical equipment needs for those recovering and living with the effects of stroke or heart attack. Products and services include daily living aids, mobility aids, manual and power wheel chairs, scooters, home medical equipment, rehab equipment, bath safety equipment, orthotic bracing, handicap vehicle access, building access systems and incontinence supplies.

Heart Beat CPR & First Aid

Phone: (406) 452-7449
E-mail: heartbeatc@sofas.net

Services Provided: Heart Beat provides American Heart Association CPR, automated external defibrillator (AED) and first aid classes. Community classes are offered each month. Heart Beat has provided CPR and first aid training to businesses and individuals in Montana for over 10 years.

Specialists

Neurology

Advanced Neurology Specialists

400 15th Avenue South Suite 206
Great Falls, MT 59405
Phone: (406) 727-3720

Great Falls Clinic

1400 29th Street South
Great Falls, MT 59405
Phone: (406) 454-2171

Cardiology

Great Falls Cardiology

1417 9th South Suite 302
Great Falls, MT 59405
Phone: (406) 771-7700

Cardiology Consultants of Great Falls

1417 9th South Suite 203
Great Falls, MT 59405
Phone: (406) 452-3000

Heartland Cardiac and Vascular Clinic

1417 9th South Suite 300
Great Falls, MT 59405
Phone: (406) 452-6200

Consumer Health Information

These organizations and websites are sources of credible medical and health information.

Adult and Community Care

Benefis Healthcare
2800 11th Avenue South
Great Falls, MT 59405
Phone: (406) 455-5545 or (406) 455-5839

Services Provided: A comprehensive resource list of community services covering a wide array of topics. Resource information can be accessed by phone, website or in person. Hours of operation are 8:00 a.m. to 4:00 p.m. Monday through Friday.

Benefis Healthcare Health Sciences Library

Phone: (406) 455-5594

Services Provided: Access to Benefis Health Science Library collections is available to health professionals, students and the general public. Looking for information on wellness? Take a look at the Health Information and Education at www.benefis.org. This database is searchable by topic.

Organization	Web Site
American Council on Exercise	www.acefitness.org/fitfacts/
American Dietetic Association	www.eatright.org
American Heart Association	www.americanheart.org
American Stroke Association	www.strokeassociation.org
Benefis Healthcare	www.benefis.org
Great Falls Clinic	www.gfclinic.com
Montana Association of Cardiovascular & Pulmonary Rehabilitation	www.angelfire.com/mt2/macvpr/
Montana Cardiovascular Health Program	http://montanacardiovascular.mt.gov
Montana Dietetic Association	www.montanadieteticassociation.org
National Heart, Lung and Blood Institute	www.nhlbi.nih.gov
Social Security Administration	www.socialsecurity.gov
USDA Food Guide Pyramid	www.mypyramid.org

What do you think?

Please take a moment to answer a few questions about the usability of this Great Falls area guide.

1. Was the guide useful? ____ Yes ____ No

2. Which sections did you use as a reference?

- ____ Cardiac Rehab
- ____ Stroke Rehab
- ____ Diabetes Management Programs
- ____ Nutrition Education/Counseling
- ____ Physical Activity
- ____ Prescription Drug Assistance Programs
- ____ Smoking Cessation
- ____ Community Services & Resources
- ____ Specialists
- ____ Consumer Health Information/ Web Site

3. What other kind of information would be useful to include in this guide?

4. Other comments or suggestions?

Please return this form to:

Mike McNamara, M.S.

Montana Cardiovascular Health Program

Montana Department of Public Health & Human Services

P.O. Box 202951

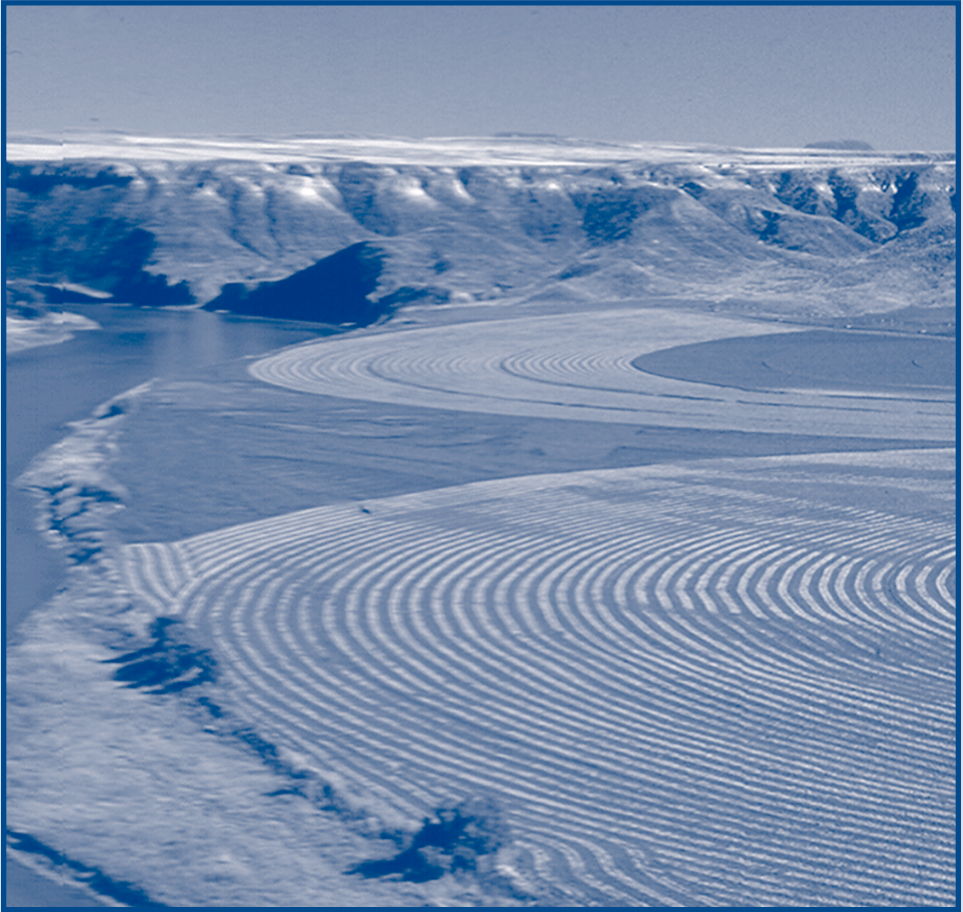
Helena, MT 59620-2951

Fax (406) 444-7465

Acknowledgements

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Anne Burnett, Jesús Salazar and Deb Bjorsness.



Questions?

If you have questions about this resource guide, contact:

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Montana Department of Public Health and Human Services

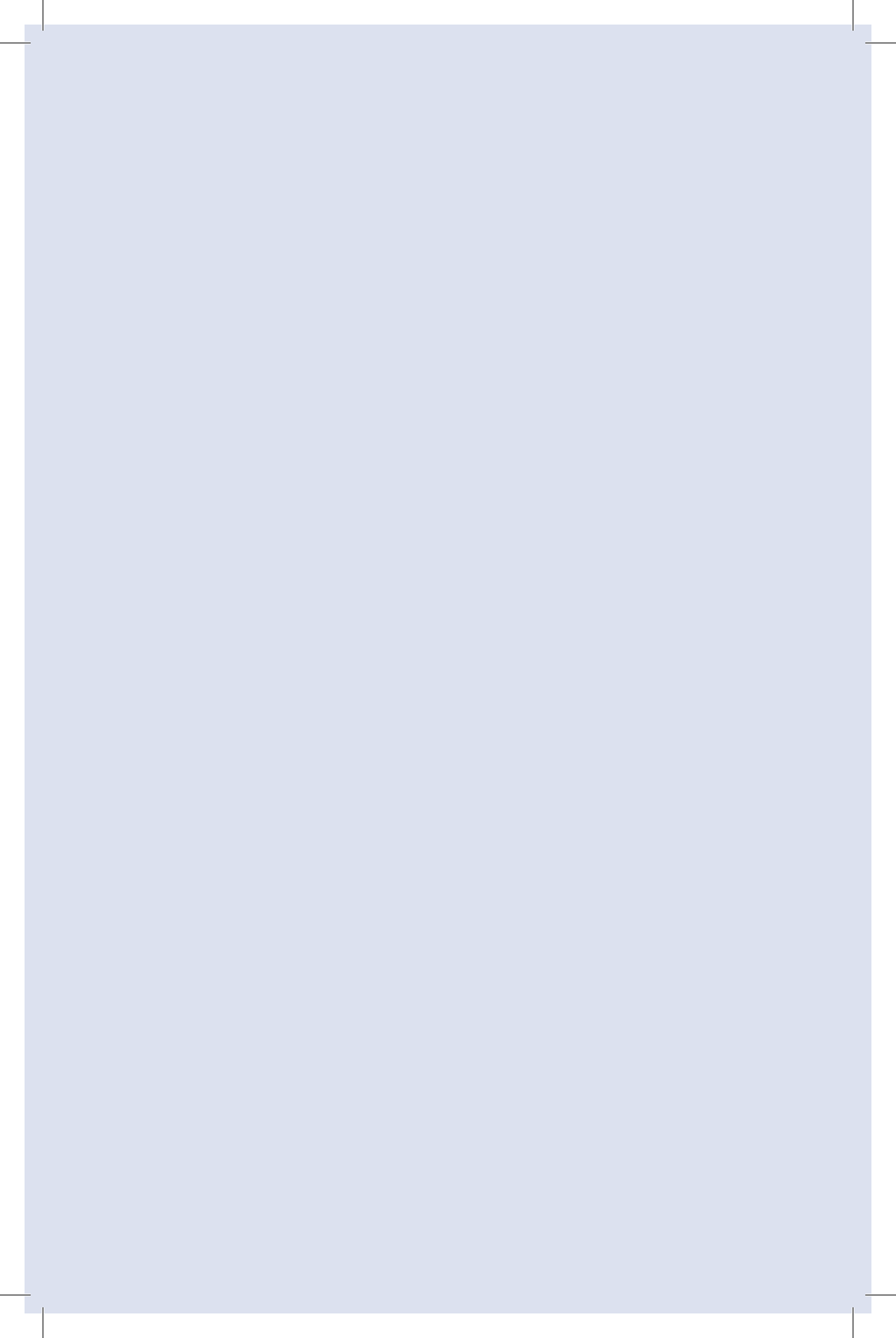
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